CHAPTER 9
IMPLICATIONS AND SUGGESTIONS

The present study aimed to broaden the knowledge pertaining to the GLBT by highlighting their personal challenges and mental health problems. It is challenging to study GLBT population because socially unacceptable issues are related to them. This population is stigmatized and may not disclose their identity due to which it becomes difficult to study their problems.

Most of the studies conducted on GLBT have focused on HIV/AIDS and issues related to it. Very few studies have focused on the challenges and psychological problems of GLBT. This study attempted to show the conflict which GLBT experience regarding their sexual orientation and sexual identity. This is not a smooth phase of their life and they go through anxiety, frustration and confusion during this time. Awareness of such issues related to GLBT will help society to have friendly and supportive attitude towards them. It will also be helpful to health practitioner in changing their mindset about GLBT people and treat them with care and love rather than having biased and stigmatized attitude towards them. This positive societal attitude will help GLBT in dealing with psychological problems and it will also foster healthy identity development by enhancing the feeling of pride and self regard.

Findings from the present study is useful for professionals working with GLBT youth, for their families, peers, co-workers. They will become aware about the problems of GLBT related to sexual identity formation. Additionally, people who play significant role in the life of gays and bisexuals will be more clear about confusion related to identity development of GLBT, different sources of stress and anxiety of GLBT life such as family rejection, negative and unsupportive attitude of parents, stigma, maintainance of visibility of sexual orientation in home, work place and public situation.

Overall, people from different sections of society will become aware about problematic issues of GLBT’s life, conflict related to sexual orientation and difficulties related with coming out process. Supportive attitude of parents will not only smoothen their process of coming out (disclosure of their sexual orientation) but also lessen their psychological problems. Family and parental acceptance gives them courage to fight with the hostile environment and enables them to rise above the negativity related to their sexual orientation.
A research becomes valuable if it raises knowledge level and also help in dealing with problems related to concerned concept. It is important to bring these tabooed issues in to limelight, so that community becomes aware about the complexities involved in the life of GLBT such as denial of rights, abuse, violence, discrimination and various others unreported problems. Irrespective of various issues troubling GLBT youth, it is hopeful that these youth may find solace and justice with the help of supportive attitude of society and by developing positive identity.